

Spring 2012 University of North Texas
HMGT 1450. Principles of Nutrition
Food Rule Written Statement

File Number: S12563112

Food Rule: If it can expire, it is desired

Statement: My food rule, if it can expire it is desired, is an example of "what you should eat". It means that if a food can rot and expire, then it is more desirable than food that takes long and can be saved over time. In DGA chapter 5, there is a chart explaining USDA food patterns, and lists vegetable, fruits, grains and dairy products with examples of each. These should be what our diets consist of, and all of these things can expire quickly, as they are not as processed. Also, in chapter 4 of the DGA, it states to eat more fruit and vegetables each day. Fruits and vegetables are natural and not processed foods so they can go bad quickly if not eaten. My food rule also goes hand in hand with Michael Pollan's Food Rule number 12; shop the peripheries of the supermarket, and stay out of the middle. Also number 13 and 14 relate as well: (13) Eat only foods that will rot, and (14) Eat foods made from ingredients that you can picture in their raw state or growing naturally. All food rules relate because foods that expire quickly, and can rot, are desirable in our diets. This entails to eat more lean meats, fruits and vegetables. This is valuable to other students at UNT because they should know what to stay clear of at the store - processed food/inner aisles. Also, taking steps as college students will help set habits and eat healthy, benefiting them in the long term. I grade my food rule as MODERATE because there is strong evidence in Michael Pollan's book, yet only moderate evidence in the DGA to support my food rule against food that does not expire quickly.